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BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS  
Agricultural Research Administration  
U. S. Department of Agriculture



MAKE THE MOST OF SUGAR IN CANNING FRUIT

Here are suggestions for economical use of canning sugar. Fit them in with good, reliable directions for saving this summer's fruits to eat next winter.

The wartime rule allows on the average 1 pound of sugar (about 2 cups) to 4 quarts of home-canned fruit; or 1/2 cup sugar to 1 quart jar. This provides a moderately thin sirup.

The table below shows how far the sugar will go in canning fruit. Legal weight of a bushel varies in different States. These are average weights:

<u>Fruit</u>	<u>Measure</u>	<u>Canning yield</u>	<u>Sugar</u>
Apples	1 bu. (48 lb.) 2½-3 lb.	16-20 qt. 1 qt.	4-5 lb.
Berries, except strawberries	24-qt. crate 5-8 cups	12-18 qt. 1 qt.	3-4½ lb.
Cherries, as picked	1 bu. (56 lb.) 6-8 cups	22-32 qt. 1 qt.	5½-8 lb.
Peaches	1 bu. (48 lb.) 2-2½ lb.	18-24 qt. 1 qt.	4½-6 lb.
Pears	1 bu. (50 lb.) 2-2½ lb.	20-25 qt. 1 qt.	5-6¼ lb.
Plums	1 bu. (56 lb.) 2-2½ lb.	24-30 qt. 1 qt.	6-7½ lb.
Strawberries	24-qt. crate 6-8 cups	12-16 qt. 1 qt.	3-4 lb.

Combining sugar and fruit.--If fruit is quite juicy, adding sugar direct to the fruit when it is heated before packing into jars is the way to get greatest sweetening value. Often enough juice cooks out to provide plenty of liquid to cover the fruit after it is packed in the jars, ready for processing.

Or, you may prefer to make a sirup of sugar and fruit juice or water, to use as liquid to cover the fruit after it is packed.

To make sugar go farther in canning, light-colored corn sirup may replace up to 1/3 of the sugar; mild-flavored honey, up to 1/2.

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Here are proportions for moderately thin canning sirup. Boil ingredients together 5 minutes; remove scum, and the sirup is ready to combine with the fruit.

2 cups fruit juice or water and  $\left\{ \begin{array}{l} 1 \text{ cup sugar, or} \\ 2/3 \text{ cup sugar and } 1/3 \text{ cup corn sirup, or} \\ 1/2 \text{ cup sugar and } 1/2 \text{ cup honey} \end{array} \right.$

Do not use.--Do not try to stretch canning sugar with molasses or sorghum or other strongly flavored sirups, or brown sugar. Their flavor overpowers the fruit. Also, some of these give a dark, unattractive color to canned fruit and may cause it to spoil. Instead, use such sweetenings as these for cooking and table use, to spare some sugar from everyday rations; then use this sugar for canning. Do not use saccharin in canning. It will give the canned fruit a bitter flavor.

Fruit without sugar.--Sugar is not necessary to keep home-canned fruit from spoiling, but it is important to help protect the flavor. It also helps hold the color of the fruit and keep it from getting soft and mushy. Rather than let fruit go to waste, put it up without sugar, but don't expect it to look or taste like fruit canned with sugar. Use fruit juice, if possible--rather than water--as the liquid to fill up jars before they are processed.

Canning juices to drink.--About 1/2 to 1 cup of sugar sweetens 1 gallon of a fruit juice beverage prepared for canning. Juices may be canned without sugar, though the sugar helps hold flavor and color, as it does in canned fruit.

Fruit spreads.--Five pounds of canning sugar per person is the maximum allowed for putting up jams, jellies, and pickles. Using all of a sugar allowance for canning is the way to save the most fruit.

Fruit butters are the spreads in which sugar goes farthest, since they make the most of the natural sugar in the fruit. A fruit butter stretches sugar almost twice as far as jam or jelly. One pound of sugar will make about 3 pints, or 8 to 9 jelly glasses, of fruit butter. Tart apples, apricots, grapes, peaches, pears, plums, quinces are fruits most commonly used for butters. Apple butter made with cider has especially good flavor. Other good blends are apples and grape juice, apples and plums, and apples and quinces.

Don't overlook drying.--A way to save fruit that does not take any sugar is drying. Though it takes time and attention, dried fruits, such as apples and peaches, are old-time favorites.

Fruits may be dried in a dehydrator, or on home-made trays of netting and wood in the oven of a gas or electric stove. Or, in regions where dry and sunny weather can be counted on, fruits may be sun-dried in the old-time way.

Use reliable directions.--To use sugar and other materials without waste, follow reliable, up-to-date directions in putting up fruits. Free bulletins may be obtained from each State College of Agriculture. The Federal Government issues the following how-to-do-it leaflets, which may be obtained free from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.:

Home Canning of Fruits and Vegetables -- AWI-93

Oven Drying--One Way to Save Victory Garden Surplus -- AWI-59

Home-made Jellies, Jams, and Preserves -- Farmers' Bulletin 1800

Pickle and Relish Recipes -- AWI-103

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U. S. Department of Agriculture  
Bureau of Human Nutrition & Home Economics  
July, 1945

MAKE THE MOST OF SUGAR IN CANNING FRUIT

Here are suggestions for economical use of canning sugar. Fit them in with good, reliable directions for saving this summer's fruits to eat next winter.

The wartime rule allows on the average 1 pound of sugar (about 2 cups) to 4 quarts of home-canned fruit; or 1/2 cup sugar to 1 quart jar. This provides a moderately thin sirup.

The table below shows how far the sugar will go in canning fruit. Legal weight of a bushel varies in different States. These are average weights:

<u>Fruit</u>	<u>Measure</u>	<u>Canning Yield</u>	<u>Sugar</u>
Apples	1 bu. (48 lb.) 2 1/2-3 lb.	16-20 qt. 1 qt.	4-5 lb.
Berries, except strawberries	24-qt. crate 5-8 cups	12-18 qt. 1 qt.	3-4 1/2 lb.
Cherries, as picked	1 bu. (56 lb.) 6-8 cups	20-32 qt. 1 qt.	5 1/2-8 lb.
Peaches	1 bu. (48 lb.) 2-2 1/2 lb.	18-24 qt. 1 qt.	4 1/2-6 lb.
Pears	1 bu. (50 lb.) 2-2 1/2 lb.	20-25 qt. 1 qt.	5-6 1/2 lb.
Plums	1 bu. (56 lb.) 2-2 1/2 lb.	24-30 qt. 1 qt.	6-7 1/2 lb.
Strawberries	24-qt. crate 6-8 cups	12-16 qt. 1 qt.	3-4 lb.

Combining Sugar and Fruit.

If fruit is quite juicy, adding sugar direct to the fruit when it is heated before packing into jars is the way to get greatest sweetening value. Often enough juice cooks out to provide plenty of liquid to cover the fruit after it is packed in the jars, ready for processing.

Or, you may prefer to make a sirup of sugar and fruit juice or water, to use as liquid to cover the fruit after it is packed.

To make sugar go farther in canning, light-colored corn sirup may replace up to 1/3 of the sugar; mild-flavored honey up to 1/2.

Here are proportions for moderately thin canning sirup. Boil the ingredients together 5 minutes; remove scum, and the sirup is ready to combine with the fruit:

2 cups fruit juice or water  
1 cup sugar  
Or 2/3 cup sugar and 1/3 cup corn sirup  
Or 1/2 cup sugar and 1/2 cup honey

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### Do Not Use

Do not try to stretch canning sugar with molasses or sorghum or other strongly-flavored sirups, or brown sugar. Their flavor overpowers the fruit. Also, some of these give a dark, unattractive color to canned fruit and may cause it to spoil. Instead, use such sweetenings as these for cooking and table use, to spare some sugar from everyday rations; then use this sugar for canning.

Do not use saccharin in canning. It will give the canned fruit a bitter flavor.

### Fruit Without Sugar.

Sugar is not necessary to keep home-canned fruit from spoiling, but it is important to help protect the flavor. It also helps hold the color of the fruit and keep it from getting soft and mushy. Rather than let fruit go to waste, put it up without sugar, but don't expect it to look or taste like fruit canned with sugar. Use fruit juice, if possible - rather than water - as the liquid to fill up jars before they are processed.

### Canning Juices to Drink

About 1/2 to 1 cup of sugar sweetens 1 gallon of a fruit juice beverage prepared for canning. Juices may be canned without sugar, though the sugar helps hold flavor and color, as it does in canned fruit.

### Fruit Spreads

Five pounds of canning sugar per person is the maximum allowed for putting up jams, jellies, and pickles. Using all of a sugar allowance for canning is the way to save the most fruit.

Fruit butters are the spreads in which sugar goes farthest, since they make the most of the natural sugar in the fruit. A fruit butter stretches sugar almost twice as far as jam or jelly. One lb. of sugar will make about 3 pints, or 8 to 9 jelly glasses of fruit butter.

Tart apples, apricots, grapes, peaches, pears, plums, quinces are fruits most commonly used for butters. Apple butter made with cider has especially good flavor. Other good blends are apples and grape juice, apples and plums, and apples and quinces.

### Don't overlook Drying

A way to save fruit that does not take any sugar is drying. Though it takes time and attention, dried fruits, such as apples & peaches, are old-time favorites.

Fruits may be dried in a dehydrator, or on home-made trays of netting and wood in the oven of a gas or electric stove. Or, in regions where dry & sunny weather can be counted on, fruits may be sun-dried in the old-time way.

### Use Reliable Directions

To use sugar and other materials without waste, follow reliable, up-to-date directions in putting up fruits. Free bulletins may be obtained from each State College of Agriculture. The Federal Government issues the following how-to-do-it leaflets, which may be obtained free from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.:

Home Canning of Fruits & Vegetables	AWI-93
Oven Drying - One Way to Save Victory	
Garden Surplus	AWI-59
Home-made Jellies, Jams & Preserves	FB-1800
Pickle and Relish Recipes	AWI-103

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Here are suggestions for economical use of canning sugar. Fit them in with good, reliable directions for saving this summer's fruits to eat next winter.

Follow the wartime rule: Average 1 pound of sugar (about 2 cups) to 4 quarts of home-canned fruit; or 1/2 cup sugar to 1 quart jar. This provides a moderately thin sirup.

Combining Sugar and Fruit

If fruit is quite juicy and juice flows freely, add sugar directly to the fruit when heating it before packing into jars. Often, enough juice cooks out to provide plenty of liquid to cover fruit after it is packed in jars, ready for processing.

Heat less juicy fruit in a sirup of sugar and fruit juice or sugar and water.

To make sugar go farther in canning, light-colored corn sirup may replace up to 1/3 of the sugar; mild-flavored honey up to 1/2.

Here are proportions for moderately thin canning sirup: Boil the ingredients together 5 minutes; remove scum, and the sirup is ready to combine with fruit:

2 cups fruit juice or water, and  
1 cup sugar, or  
2/3 cup sugar and 1/3 cup corn sirup, or  
1/2 cup sugar and 1/2 cup honey

Fruit without Sugar

Sugar is not necessary to keep home-canned fruit from spoiling, but it helps to protect the flavor. It also helps to retain the color of the fruit and to keep it from getting mushy. Rather than let fruit go to waste, put it up without sugar.

Do not Use

Do not try to stretch canning sugar with molasses, sorghum, other strongly-flavored sirups, or brown sugar. They overpower the fruit flavor. Instead, use such sweetenings as these for cooking and table use, to spare some sugar from everyday rations; then use this sugar for canning.

Do not use saccharin in canning. It will give the canned fruit a bitter flavor.

Fruit spreads

Fruit butters are the spreads in which sugar goes farthest, since they make the most of the natural sugar in the fruit. A fruit butter stretches sugar almost twice as far as jam or jelly. One pound of sugar will make about 3 pints, or 8 to 9 jelly glasses of fruit butter.

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### Don't Overlook Drying

A way to save fruit that takes no sugar is drying. Though drying takes time and attention, dried fruits, such as apples and peaches, are old-time favorites.

Fruits may be dried in a dehydrator, or on home-made trays of netting and wood in the oven of a gas or electric stove. Or, in regions where dry and sunny weather can be counted on, fruits may be sun-dried in the old-time way.

### How Far Sugar Goes in Canning

The table below shows how far sugar will go in home-canning of fruit. Legal weight of a bushel varies in different states. These are average weights:

<u>Fruit</u>	<u>Measure</u>	<u>Canning Yield</u>	<u>Sugar</u>
Apples	1 bu. (48 lb.)	16-20 qt.	4-5 lb.
Berries, except strawberries,	24-qt. crate	12-18 qt.	3-4 $\frac{1}{2}$ lb.
Cherries, as picked	1 bu. (56 lb.)	20-32 qt.	5 $\frac{1}{2}$ -8 lb.
Peaches	1 bu. (48 lb.)	18-24 qt.	4 $\frac{1}{2}$ -6 lb.
Pears	1 bu. (50 lb.)	20-25 qt.	5-6 $\frac{1}{4}$ lb.
Plums	1 bu. (56 lb.)	24-30 qt.	6-7 $\frac{1}{2}$ lb.
Strawberries	24-qt. crate	12-16 qt.	3-4 lb.

### Use Reliable Directions

Follow reliable, up-to-date directions when putting up fruit, in order to use sugar and other materials without waste. Free bulletins may be obtained from each State College of Agriculture. The Federal Government issues the following how-to-do-it leaflets, which may be obtained free from the Office of Information, U.S. Department of Agriculture, Washington 25, D. C.:

Home Canning of Fruits and Vegetables--AWI-93  
Home Freezing of Fruits and Vegetables--AIS-48  
Oven Drying--One Way to Save Victory Garden Surplus--AWI-59  
Home-made Jellies, Jams, and Preserves--FB-1800  
Pickle and Relish Recipes--AWI-103

